

Week 2 Outline	Video Topic	Points to Emphasize	Handouts/Supplies
<ol style="list-style-type: none"> <li>1. Check attendance and distribute name badges.</li> <li>2. Divide into 2 small support groups; 10-15 per group is ideal.</li> <li>3. Support group topic – “How did you do this week? What do you plan to do for exercise to burn an additional 200 calories/day?”</li> <li>4. Show DVD for Week 2.</li> <li>5. Review “Points to Emphasize.”</li> <li>6. Distribute handouts.</li> <li>7. Collect name badges.</li> </ol>	<ul style="list-style-type: none"> <li>• Sleep disturbances and dreams</li> <li>• Fear of becoming a non-smoker (Refer to pages 45-46 in the Cooper /Clayton book.</li> <li>• Nicotine metabolism &amp; blood nicotine levels</li> <li>• Physical activity</li> <li>• Success in becoming a non-smoker: <ol style="list-style-type: none"> <li>1. Believe you would be better off as a non-smoker.</li> <li>2. Be willing to experience some discomfort.</li> <li>3. Have confidence in the program and trust the process.</li> </ol> </li> </ul>	<ol style="list-style-type: none"> <li>1. Metabolism decreases by 200 calories/day when you stop smoking.</li> <li>2. Exercise in order to burn 200 calories/day to minimize weight gain.</li> <li>3. Consult physician before beginning a new exercise program – especially if you have other health risks.</li> <li>4. Patch users continue on same dose.</li> <li>5. Gum/lozenge users use 12 pieces per day next week.</li> <li>6. Remember: “Do what Dr. Cooper and Dr. Clayton say and you will succeed!”</li> </ol>	<p><u>Supplies:</u></p> <ul style="list-style-type: none"> <li>• Attendance sheet</li> <li>• Name badges</li> <li>• DVD &amp; TV</li> <li>• DVD 13:00</li> </ul> <p><u>Handouts:</u></p> <ul style="list-style-type: none"> <li>• Attitude</li> <li>• Boredom</li> <li>• Driving</li> <li>• Facing the Beginning of Your Day</li> <li>• Other Smokers</li> <li>• Burn 200 Calories By Walking</li> </ul>

